



Get Active!

Hello everybody! I hope the first part of 2017 has gone well for all our readers. This year we are celebrating the 20th Anniversary of Wellspring! Find out on page 3 all about past projects we have done and what we are offering now. This edition is jam packed with information about how you can get involved with loads of different sporty activities! Have you got a Compass Card which gives discounts at leisure centres? Turn over to page 2 to find out more about this. On pages 8 and 9 you'll find details of lots of different sources of financial support to enable participation in sports and leisure and on page 16 there's information about a new Facebook group for parents of special needs children.

If you love football, Albion in the Community offer clubs around the county for children and young people with varying special needs; more details on page 4. Maybe you prefer cricket; page 13 is about the disability hubs run by the Sussex Cricket Foundation. After seeing Simon and Obama and their amazing cross country cart on BBC Countryfile, I contacted PonyAxeS to ask them for an article which you can read on page 6. Wheels for Wellbeing (page 12) enable everyone to enjoy cycling and have a centre in Crawley. Angling4Education (page 10) are offering a variety of days and weekends where the whole family or individual children can enjoy learning fishing skills as well as other outdoor activities! Jonathan Collins is a wheelchair fencer and he has written about his experiences on page 7. For young people with learning disabilities, Out There! West Sussex (page 5) runs sports and leisure fun through the week but if you want to access a gym turn to page 15 to find out about two schemes run by Southdowns Leisure. Finally, if you are up for a challenge this summer holidays, turn to page 14 to get involved in the first Superhero Series Triathlon. Don't forget to send us your photos and stories of you getting active!



Lizzie Bailey
lizzie@wellspringwestsussex.org.uk

**WELLSPRING
 WEST SUSSEX**
 - A regular newsletter
 for children and
 young people with
 disabilities, and their
 parents and carers
 across West Sussex



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A big **THANK YOU** to The Thornton Trust,
 Midhurst Rotary Club, Sidlesham Parish Council, Debbie
 Newson's quiz team in Worthing and Judy Mellor for their
 generous contributions towards the cost of this newsletter.

Compass Card

The Compass Card is a discount card for 0 to 25 year olds with significant special educational needs or disabilities in West Sussex. You can use the card at lots of leisure venues to get discounts or special offers – so you end up paying less to have fun!

To get a Compass Card, you need to register on the 'disability register' for West Sussex (Compass West Sussex). But first, you'll need to check whether you're eligible for a card. Our free Compass Card app is a great way to check out all the Compass Card offers while you're on the move. It provides a list of offers that you can map, search and filter – and it even provides you with leisure news updates.

The Compass Card app is available for iPhones or Android smartphones. All you have to do is search 'compass card' in the App Store or in Google Play. There are two versions – one for card holders in Brighton and Hove and one for card holders in West Sussex. If you don't have an iPhone or an Android smartphone, or if you prefer to see information on a computer or a tablet, you can see all the Compass Card offers on our offers page on the website.

We list all our general Compass Card offers on the website, so if you want to get out and have fun you're definitely in the right place. You'll see our newest Compass Card offers and further down you can search and filter all 130+ offers to find exactly what you want.

www.compasscard.org.uk

Gully's Days Out

Compass Card holders are automatically eligible for Gully's Days Out. Established by Albion in the Community in partnership with American Express®, Gully's Days Out provides young people and adults with additional needs with free entry to leisure attractions across Sussex including Sea Life Brighton, Butlin's, Cineworld, Frankie & Benny's, Brighton Pier, Inspire Leisure and many more. Gully's members can request up to five tickets to attractions. The scheme also

provides supported days out with trained AITC staff and volunteers from American Express®. They're on hand to provide a break for parents and carers and make sure everyone has a great day out. Just send in a completed application form with a copy of the Compass Card (front and reverse). Membership is £15 a year for individuals and £40 a year for organisations.

For more information click here or to apply for membership, call **01273 668590** or Email: gullysdayout@albioninthecommunity.org.uk

Danielle's story

Believe it or not, 23 year old Danielle has had her Compass Card Brighton and Hove since July 2003, just four months after the card launched in the city. So she's been a Compass Card user for over 13 years.

She has memories of going to Autism-friendly screenings at The Odeon Brighton with her mum. At the time, Amaze had volunteers at the screenings. "Me and Mum would go to see a film and buy popcorn. It was really friendly and my mum would

always get chatting" says Danielle. The Odeon remains a favourite place to go with friends or family. "I like blockbuster films, but not scary ones. Kids' films too. I just show the Compass Card when I pay and it's easy to use – just like showing a bus pass on the bus or something".

Tenpin bowling also comes high on Danielle's list of things to do with the Compass Card. "My family's been going to Brighton Bowlplex for years and I go with friends too. It's jokey, competitive and I've got quite good at it. I'm visually impaired, but I can just make out the skittles so I know what I'm aiming for!"

Danielle recommends the Compass Card to other young people. "It's so easy. I love it – it means you get to do more and that's a good thing."



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• Don't forget to write and tell Wellspring •
• if you enjoy a great day out with your •
• Compass Card! Feedback is always •
• helpful to others! •
•••••

20 Years of Wellspring

This year marks the 20th anniversary of the very first edition of Wellspring newsletter. In 1996, Chris North (*bottom left*) and the founding members started Wellspring to provide information to families with special needs children. I joined the committee in 1998 aged 15, after I moved to Sidlesham and I started by writing articles and contributing my ideas as a young disabled person. During my A Level studies, I took on the roles of newsletter Editor and Chairman of the committee. We became a registered charity in 2003 and in 2004 we received funding from Connexions for more professional publishing software when the **Wellspring website** was also set up.

Sometimes parents find it difficult to know where to find the right help so in 2007, with grants from a variety of sources, we published a **Parents' Resource Booklet** which contained details of local and national points of contact and support for families with special needs children. This Booklet was extremely well received both by professionals and families so with funding from West Sussex County Council, I worked with committee member **Bernie Daly** (top right) to update and reprint it in 2009. In 2011 the Youth Opportunities Fund supported us to create a **Transition Guide** for young people moving from Children's to Adult Services. All of the information from these Guides is now available under the **Resource Directory tab** on our website. We hope that by making it available online, everyone can access the information and find the right support.

Some readers will remember that until 2009, we ran **Family Fun Events** with the support of the Child Disability Teams. These were held firstly at Cobnor Activities Centre with events for all on the field and water. Some families found that these were too far away so a second event in the north of the county took place in 2006 and 2007. The following two years the Fun Weekend took place at Hobbs Farm in Yapton. I have really happy memories of these days and particular highlights were launching the balloons and meeting new contacts. In 2004 I represented Wellspring at the launch of the new Cobnor Wheelchair Boat and enjoyed a beautiful ceremonial ride around Chichester Harbour.

Through funding from various sources over the years our **Creative Arts Programme** has reached all corners of West Sussex! Since 2010, I have been able to provide free places at my **Craft Club** for 23 children with special needs or their brothers and sisters. Most of these children have come to more than one course and I have received really enthusiastic feedback from all the parents who say how lovely it is to see their children integrated into the sessions and showing their work with such pride. I love being able to offer these spaces and getting to know all the very special children!



Chris North has been running Wellspring funded **music, drama and poetry workshops** with groups of special needs children and young people since 2006. Most recently with a grant from Awards for All, his work with the Portage service included many activities including puppets, storytelling, bubbles and parachute games. Chris has compiled all these ideas into an **Under 5s**

Resource Guide which is available to download from **Chris' page** on our website or by contacting me for a hard copy.

Adam Gellibrand (top left) joined the Wellspring committee in 2008 and has been providing **music, and DJing workshops** for children and young people of all abilities in clubs and schools. Adam's sessions have been an opportunity for children, staff and parents to come together to enjoy music making as a group.

Our Treasurer **Debbie Newson** (centre) has helped us to get many grants and funding for all the Booklets, workshops and newsletters we have achieved. It is a lot of work and we are extremely grateful for all the financial support we have been given over the years. **If you are able to support us in any way, either by joining the committee, doing some fundraising for this big year or just by sending in your ideas, please get in touch!** We need continued funds to be able to support all our projects and carry on our work into the next decade!

Lizzie Baily
lizzie@wellspringwestsussex.org.uk

Albion in the Community

Who are Albion in the Community?

Albion in the Community, or AITC as it is also known, is the official charity of Brighton & Hove Albion Football Club. Our work is driven by three key objectives:

- To inspire and motivate young people and their families to be physically active and to lead healthy lifestyles.
- To provide opportunities for young people to play football whatever their ability or background.
- To work with our local community, particularly those that are disadvantaged, to help raise aspirations and improve life chances.

Who are the AITC disability team?

The disability department at Albion in the Community has been running our award-winning disability programme since 1997. We are now the largest provider of disability football in Sussex

- giving more people than ever the chance to take part in both fun and competitive sport.

- We currently have five core members of staff.
- We work in three different areas: disability clubs, Gully's Days Out and disability schools, colleges and day centres.
- We also have 25 community coaches who deliver our sessions.



Albion in the Community

Disability department vision and objectives

Vision:

- To provide the best possible opportunities for disabled players to participate in football and develop and progress.
- To help promote and raise awareness of disability sport and football in Sussex.
- We want our programme to evoke a sense of pride in all those associated with it, from players and parents, to coaches and staff working for both AITC and the club.

Our core objectives are:

- To raise the profile and awareness of disability sport on a local, regional and national scale.
- To improve the quality of training available to disabled players in Sussex and benchmark best practice.
- To operate successful football programmes

that allow appropriate progressions for individuals.

- To establish performance pathways and opportunities for elite performers to excel and compete.
- To create a programme that evokes a sense of pride from all of those involved or associated with it.

What does the AITC disability team provide?

Pan-disability (open to all people with any kind of disability) opportunities:

We offer pan-disability football sessions for both juniors and adults in five locations across Sussex. These sessions are known as our hub club sessions and run in Brighton, Eastbourne, Burgess Hill, Worthing, Horsham. and Chichester.

- These hub club sessions are open to anyone with a disability who is aged five and over who wants to play regular football.
- Everyone is welcome and our qualified coaches make sure all the players are given the opportunity to experience

the many benefits of taking part in regular sport.

Disability-specific sessions:

These clubs/sessions are designed to supplement the delivery within the hub clubs and offer players the chance to play specifically within their peer group (in theory helping to provide a more level playing field) and to progress up the football player pathways (predominantly disability-specific).

We currently offer disability-specific football sessions in the following areas:

- Partially-sighted and deaf juniors
- Blind
- Mental wellbeing
- Down's syndrome
- Adult learning disability
- Junior multi-sport session
- Cerebral palsy adults
- Powerchair
- Cerebral palsy and frame football
- Amputee
- Autism
- Deaf adults

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Anyone with a disability aged five and over who wants to play regular football is invited to attend one of the following sessions:

Eastbourne

- Adult and junior sessions
- Venue: Eastbourne Sports Park, Cross Levels Way, Eastbourne, BN21 2UF.
- 10 - 11.30am (adults) and 11.30am - 12.30pm (juniors)
- Weekly Saturday sessions

Mid Sussex

- Adult and junior sessions
- Venue: Oakmeeds Community College, Station Road, Burgess Hill, RH15 9EA.
- 10 - 11.30am (adults) and 11.30am - 12.30pm (juniors)
- Fortnightly Saturday sessions

Brighton

- Adult and junior sessions
- Venue: Falmer Sports Centre, University of Brighton, Village Way, Falmer, BN1 9PH.
- 10 - 11am (juniors) and 11.30am - 1pm (adults)
- Fortnightly Saturday sessions

Horsham

- Adult and junior sessions
- Venue: The Holbrook Club, North Heath Lane, Horsham, West Sussex, RH12 5PJ.
- 9.30-10.30am (juniors) and 10.30am - 12pm (adults)
- Fortnightly Saturday sessions

Chichester

- Adult and junior sessions
- Venue: Chichester University, College Lane, Chichester PO19 6PE.
- 5 - 6pm
- Weekly Friday sessions

Worthing

- Adult and junior sessions
- Venue: Durrington High School, The Boulevard, Worthing BN13 1JX.
- 9 - 10am (juniors) and 10.30am - 12pm (adults)
- Fortnightly Saturday sessions

For more information please contact our disability team on: **01273 668590**
or Email:
disability@albioninthecommunity.org.uk

Out There! West Sussex

Out There! West Sussex provides sports and leisure services for people aged 16 plus who have a learning disability.

We provide a wide variety of activities taking place in community sport and leisure facilities. Our programme includes swimming, gym use, boccia, music, art and much more and is suitable for all levels of ability. Out There! Promotes independent and encourages development of confidence and self esteem through social interaction.

We have daytime clubs running weekly in Crawley, Horsham, Burgess Hill, Littlehampton, Chichester and Bognor Regis. We provide an evening club in Worthing on Tuesday night and

also in Horsham and Chichester on Thursday night. Our weekend programme includes the Saturday club in Crawley and Horsham and participation in the Sussex County F.A. disability football league. Out There! is also an accredited Special Olympics club and through this we provide regular competitions in several different sports.

If you are aged 16 plus and have a learning disability, or you are a parent, carer or social care professional and would like to find out more about Out There! West Sussex please Tel: **01293 544773**
Email: **bob.leeves@outreach3way.org**
You can also visit **www.outreach3way.org** to view our programme.



PonyAxeS

You may have seen Simon and Obama on the South Downs Way on Countryfile in March. I got in touch with Simon to find out more about his work...(Lizzie Baily)

Pony Axe S doesn't need the danger to make pony based activities fun. It is totally safe, and enormous fun, and we provide access to all the places that nobody else can take someone who uses a wheelchair.

Obama the pony is a star and puts up with everything I do. I designed and built the iBex wheelchair enabled vehicle around him, learning the trade as we went, and we taught each other loads. Ponies aren't just the best power source for miles around, they are genuinely nice people to be around. When Obama does school visits, or is just mucking around in town, he makes friends wherever he goes.

The iBex is named after a Bex, one of my early test drivers. I had taken her round a farm and everything went wrong, the lambs had moved, we couldn't get to the pigs because the tractor was in the way, and it was raining. When I apologised, Bex said "Don't worry, that's the first time I have seen a rabbit hole for 9 years." I realised then that Obama could make a real difference to people's lives, really easily. Beaches are a nightmare, if you use wheelchairs. For Obama they are easy.

I had enormous fun last summer driving in a wheelchair, on my pony powered iBex vehicle, from Winchester to Beachy Head along the South Downs Way National Trail. Bits of it were tough, and for anyone who enjoys getting bumped up a narrow rocky track through brambles and nettles all over, I know just the place to go. But the other 99 miles of the South Downs Way are a magical place. The views are incredible, and you travel through enchanted woodland, wild flower meadows where you have to fight your way through the butterflies and miles of open downland. The sheep and cattle come up to check you out, the skylarks are overhead, buzzards and kestrels jockey

for position with hang gliders and paragliders, mountain bikers sweat their way past and walkers stop to exchange notes and scratch the pony.

En route I met up with groups from Rett Syndrome UK and Extra Time (based in Brighton) and took the children for a spin at Devil's Dyke and also at Stanmer Park in Brighton which has trails from the South Downs Way. The iBex is a weird vehicle. I started to build a vehicle that would take people who used wheelchairs, but a lot of my work was with CEDA (Community, Equality, Disability Action)

in Exeter who assumed that I would be able to take large adults in power chairs and children in manual chairs, and people with walking difficulties and maybe behavioural issues as well. And to add to the fun, we had sessions with all these people wanting a go, one after the other.

Challenges are fun, and after a lot of mucking around

I came up with the present version where the ramp flips over and round 90 degrees and becomes a seat. Without CEDA I would never have bothered, I have built a wheelchair enabled vehicle, isn't that enough!! As an inventor, I desperately need the people who are going to use the service to tell me what they want it to do.

The iBex has a seat if you want to leave your wheelchair, but the choice is yours. Now the iBex means brothers and sisters can have a go as well, so with Extra Time and the Rett Syndrome crowd on Devil's Dyke, everyone was having a go.

We are Exeter based but work all over the country with a fully mobile, totally safe system. We intend to make the system available with locally based operators across the UK.

For more information and to book a ride with Pony AxeS call Simon on **07510 736518**
www.ponyaxes.com

Simon Mulholland



Wheelchair Fencing

My name is Jonathan Collins and I am 26. I have Spina Bifida and Hydrocephalus and am wheelchair dependent. I enjoy going out with my friends on long walks, I also enjoy museums and visiting stately homes for the history.

I started Wheelchair Fencing 2012 after being introduced to fencing by a friend of mine. I had seen it before and thought I would enjoy it as it looked fun. It was great news when I was told there was a Fencing club that accepted wheelchair users only 10 miles from where I live. It had been running some time but I didn't know it existed. I went along and met my trainer, Viv Mills, who is well known in the Fencing World.

I enjoy wheelchair fencing for getting the exercise I need and for meeting new friends and just the general competition. My favourite weapon is the sabre, but I also do the foil. Viv points out my mistakes, shows me how to correct them, explains new things, but is always full of encouragement so I look forward to every session. Fencing has given me my confidence back. I have been to some of the training camps that the Great Britain team attend. I have met some of our top fencers and have even fought against some of them. I am looking forward to the 2017 training camps.

I train once a week at Chichester High School and also when I go to Training Camp at Stoke Mandeville.

Wheelchair Fencing is great for losing weight and for your stamina and strength. My achievements so far are not so great but I did take part in the Celebration Cup in

January 2015 at Stoke Mandeville Stadium! My ambitions are to get to the Paralympics one day and win a Gold Medal.

My role model is an Italian wheelchair fencer, Beatrice Vio from Italy. She was European champion in 2014 and 2016, World champion in 2015, and Paralympic champion in 2016 in the foil B category.

I would encourage people to take up the sport as it's a great way to stay in shape and for meeting new friends. They can

contact the BDFA - British Disabled Fencing Association for more information about the sport.

The Chichester Fencing Club runs on Friday evenings from 6-7.30pm for juniors and 7.30-9.30pm for seniors, although especially with regards to the wheelchair fencers there is considerable flexibility in these timings. They meet at Chichester High School

in Kingsham Road. Please contact Sharon Blackman if you have any questions or are interested in attending sessions.

Tel: **01243 822753**

E-mail: info@chichester-fencing-club.org.uk

www.chichester-fencing-club.org.uk

I have a Facebook Wheelchair Fencing page that I update on how I am doing and how my friends in the British Squad are doing. Please "Like" my page to support me!

www.facebook.com/

[WheelchairFencerJonathanCollins/?pnref=story](https://www.facebook.com/WheelchairFencerJonathanCollins/?pnref=story)

Jonathan Collins



Sports Grants and Funding

The Adam Millichip Foundation

Provides financial support to disabled people who wish to participate in sport, with the aim of improving the quality of their lives.

www.adammillichipfoundation.org

Boost

Created to inspire disabled and disadvantaged people to overcome their challenges through sport. Awards of up to £500 for charities or non-profit making organisations with a focus on sport.

Tel: **020 7078 1955**

www.boostct.org

Bruce Wake Charitable Trust Grant

Established to encourage and assist the provision of sporting or leisure activities for physically disabled wheelchair users.

www.brucewaketrust.co.uk

Dickie Bird Foundation Grants

To assist young people under 16 years to participate in the sport of their choice, thereby improving their chances both inside and outside sport. Grants are payable to disadvantaged children for essential sports equipment and are not available to groups or clubs.

www.thedickiebirdfoundation.co.uk

Dan Maskell Tennis Trust

Supports individuals, clubs and special schools with equipment and specialist wheelchairs to enable disabled people to play tennis. Funding is available up to £1500 for groups and clubs, and up to £500 for individuals.

www.danmaskelltrust.org.uk

Dream It Believe It Achieve It (DBA)

Supports the athletic endeavours of the disabled by providing financial help towards training, competition and specialist equipment. It is open to anyone with a physical disability regardless of ability - from paralympians to complete beginners as DBA believes that participation in sport at any level will increase self esteem, independence, and quality of life.

Tel: **0844 414 8288**

Email: info@dreamitbelieveitachieveit.org

www.dreamitbelieveitachieveit.org

East Grinstead Town Council Grants – Youth Sport Grant

Encourages participation in sport for young people in East Grinstead. Maximum grant is £500 available to clubs and organisations, and the initiative should be fully accessible to disabled youngsters wherever possible

www.eastgrinstead.gov.uk/the-council/services/grants/

Enable Sport

Caudwell Children have started a new programme “Enable Sport” to provide sport equipment to disabled children and young people under 19 years. The funding is limited and is a one off programme. Applications will only be accepted where the parental gross income is less than £45,000 (not including benefits) pa. Financial information will be required on the application form. Evidence of sporting involvement will be required from a sports coach, club or teacher as well as proof/confirmation of disability from an appropriate professional.

To apply download application form.

www.caudwellchildren.com

Get Kids Going!

Provides disabled children and young people up to 26 years with the funding for specialist sports wheelchairs to enable them to participate in disability sports. Open to all young people from beginners to paralympic level. Also gives sport grants to help with the cost of training, physiotherapy, travel and competition fees.

Email: info@getkidsgoing.com for an application form.

www.getkidsgoing.com

Kids in Sport

Set up by the parents of Julian Budd in his memory to enable young people aged 5 to 16 years participate in sport. It is able to help able and disabled young people with financial assistance to pay for sporting equipment, coaching, facilities and the cost of transportation to events. Grants are provided to individuals, groups and schools.

www.kidsinsport.com

Peter Harrison Foundation

Supports sporting activity or projects which provide opportunities for people who are disabled or otherwise disadvantaged to fulfil their potential and to develop other personal and life skills.

Tel: **01737 228000**

www.peterharrisonfoundation.org/opportunities-through-sport

Richard Overall Trust

Helps disabled children and young people to enjoy and participate in sport. Provides funding for specialist sports equipment, training, sports clothes, transport and tickets to sporting events.

www.richardoveralltrust.co.uk

The Rowing Foundation

Promotes the participation in rowing of young people under 18 or still in full time education, and disabled people of all ages. Gives grants of £300 - £3000 to organisations and clubs, online applications only

www.therowingfoundation.org.uk

Sport Aid

Provides financial support to young talented athletes performing at National level in nearly 50 able-bodied and 25 disability sports. Open to young people aged 12 to 18 years and up to 35 years for disability sports. The Sport Aid Award worth about £1,000 helps towards the cost of travel, training, accommodation, competition fees and sports equipment.

Nominations for the awards are made through the National Governing Body for your sport.

They will be able to discuss the award in more detail and provide an application form.

www.sportaid.org.uk

Sports Traider

Sports Traider is a youth-focused charity offering youngsters the kit and support they need to discover and fulfill their sporting ambition and potential, whatever their background, ability or disability. Sports Traider have established the first chain of charity shops in the UK that specialise in sports kit and equipment. The aim is to make clothing and sport equipment affordable to all, and at the same time generate a sustainable source of funding to help disadvantaged young people participate in sport.

www.sportstraider.org.uk

U Support

Helps children and young people with life limiting conditions, disability or other disadvantage to attend football matches and cultural events. Although mainly based around Southampton Football Club it is able to provide access to football matches and other sporting/cultural events in London and other areas of the UK.

To apply use the online contact form or

Email: **info@usupport.org.uk**

www.usupport.org.uk

The Worshipful Company of Fletchers

Supports Archery for the Disabled. Also awards grants to individuals, both newcomers to the sport and experienced/elite archers to purchase equipment.

To apply: download an application form from the website. Confirmation of disability will be required along with a letter from a coach confirming that the equipment applied for is appropriate.

www.fletchers.org.uk

*Information taken from
www.disability-grants.org/grants-for-sports.html*

Whizz Kidz

Whizz-Kidz provides a range of mobility equipment to children and young people with a physical disability to give them independence at home, at school and at play.

The mobility equipment provided includes:

- Manual wheelchairs
- Powered wheelchairs
- Buggies
- Trikes

Whizz-Kidz also provides sports wheelchairs for children and young people with a physical disability. Allocation will be based on the differing needs of each individual and the specific

requirement of particular sports.

If you're interested in applying for a sports chair, please contact Children's Services by calling **0800 151 3350**

Email: **kidzservices@whizz-kidz.org.uk**

If you are applying for a piece of recreational equipment e.g. trikes or sports chairs we will only fund up to a maximum of £2500. If the equipment cost is over £2500 the remainder will need to be funded via other sources.

www.whizz-kidz.org.uk/get-our-help/equipment

Whizz-kidz
move a life forward

Angling4Education

We believe that many children, young people and families benefit hugely from the opportunity to learn outside in the natural environment and away from institutional settings.

Our mission is to use inspiring outdoor activities such as fishing, bushcraft and orienteering (as part of our evidence based programmes) to engage participants and give them opportunities to grow socially and emotionally.

In conjunction with WSCC Short Breaks for Disabled Children, Angling4Education are proud to be offering this series of

Children/Young People Sessions, Family Sessions and Residentials.

This is a unique opportunity for participants to give fishing a try, enjoy the natural environment, meet and work with new people and learn a variety of new and transferable skills.



We have extensive experience of delivering activities for children and young people with a wide variety of special educational, behavioural and disability needs and are committed to making these sessions accessible to all. This means making use of a range of adapted equipment and a selection of qualified, experienced, specialist staff. When booking please provide us with as much information as possible around individual needs to enable us to plan effectively. Alternatively please give us a call if you have any questions about how we meet your child's needs.

Aims

These sessions aim to:

- Encourage children/young people and their families to access the great outdoors, boosting their well being.
- Help children and young with disabilities develop their independence skills
- Provide structured activities focusing on personal, social and emotional development
- Encourage children/young people to safely engage in risk taking

What age do we cater for? 4 – 18

Day Sessions primarily provide a 'taster' experience. However they are also suitable for participants with more experience who are looking to develop more advanced skills. We offer two types of day sessions: Children and Young People only session- Open to all children and young people and their siblings /friends – but with no parents/carers Family Sessions – Open to the whole family including friends and other relatives All day sessions run from 10:30am - 1:30pm

Residentials

We are excited to be offering two residential opportunities:

1. Family residential
2. Children and young person only residential.

These are both three day (2 overnights) experiences which offer a completely different dynamic to our day sessions, often providing life-changing

developmental experiences based at Lodge Hill and Mill Farm Fisheries.

Residential Dates

Friday 21st July—Sunday 23rd July (family)
Wednesday 30th August - Friday 1st September (Children and Young Person only)

Cost

Day sessions: Family Session: £7.50 per person.

Children and Young person Only Session: £10.00pp

Residentials: Family residential: £30 per person
Children and Young person Only residential £60

These prices are inclusive of all permits, licenses, equipment, accommodation and full catering on residential . **CLOSING DATE:** Bookings to be received ASAP but at least 1 week before course commences. Spaces are limited so book early to avoid disappointment.

Residential Activities

Include:

- Fishing • Camp Craft • Orienteering
- Map Reading • Scavenger Hunt

Accommodation

- Camping accommodation in beautiful woodland with full facilities
 - All camping equipment is provided (unless you prefer to bring your own)
 - Full catering provided (please state when booking any special dietary requirements).
 - Each family has their own tent
 - For children and young people only courses – we group by gender with a maximum of 4 people per tent
- Full kit list and itinerary will follow for residential closer to the event.



“We took 12 pupils with Special Educational Needs on a residential trip with Angling4Education and I can honestly say it was the best group experience those pupils had ever had. They were able to learn new skills, communicate well with one another, work towards a goal and show independent living skills that impressed their parents. I would thoroughly recommend the experience to stretch pupils, show them a glimpse of their potential and encourage communication skills they will need for life”.

Dejeniera Pygott
Bourne Community College

Activity Based One to One Intensive Support/Mentoring

With a proven track record of engaging and achieving identified outcomes with the most disenfranchised, vulnerable and challenging of learners, A4E are pleased to offer this highly flexible programme for individuals with complex and specific needs.

All our programmes support children and young people to access the great outdoors and develop an emotional connection with the natural environment. All activities are highly accessible and can be continued by participants independently for minimal cost in their local community, following the course.

Activities include but not restricted to:

- Fishing • Orienteering
- Camp Craft/Camp Fire Building
- Hiking • Navigation/Map Reading
- Examples of other activities include football, gym, pool, golf, animal caring etc.

Content

Assessment/Outcome setting: Our qualified and experienced team will work in co-production with the learner, family and commissioning agency/support staff to set a range of desired outcomes. These outcomes will focus on identified areas of need such as emotional wellbeing, poor attendance, educational attainment, poor behaviour, low motivation, low aspirations, anger management etc.

Target Learners

Learners with specific and complex needs (physical, social emotional, speech and communication, cognitive).

Learners also:

- Have the opportunity to learn about the water cycle, ecosystems, weather patterns, environmental protection, wildlife identification and much more.
- Benefit from daily access to beautiful fisheries, woodlands and other countryside locations.
- Have opportunities to develop leadership skills and lead activities with younger children.

Format

We can run courses of various lengths and intensity depending on children and young people's needs however we normally provide 6 full day sessions, one day a week (9:30 - 15:00).

Venue Details: Various venues across region

Contact Details:

For more information and dates of future courses Tel: **01273 968126** or **07795 410812**
Email: **info@angling4education.com**
www.angling4education.com



Wheels for Wellbeing

Wheels for Wellbeing Crawley offer inclusive cycling sessions for people with a range of disabilities or challenges. They welcome both adults and children and have a wide range of adapted bikes suitable for most needs.

Activities Available at the Centre

- Wheels for Wellbeing Crawley Sessions provide opportunities for both adults and juniors from 8 years old.
- Activities take place at the inclusive BMX track
- Riders enjoy cycling on a smooth surface.
- No need to book, just turn up and join in!
- Participants are advised to fill out a registration form prior to visiting for the first time, and an assessment will be carried out prior to cycling.
- The centre offers a wide range of specially adapted cycles including Side-by-side Tandems, Hand Cycles, Duet Cycles and Quad Cycles as well as Tricycles and BMXs. Company Cycles are a classic wheelchair cycle which allows integration for participants that can be transported from their own chairs. The back end of a bike is attached to a kind of wheelchair, enabling the least active of participants to experience cycling.
- Trained leaders are always present and ensure participants get the most out of their cycling sessions.
- The centre additionally offers inclusive led bike rides, and learn-to-ride sessions.

About the Centre

- Wheels for Wellbeing Crawley are a CTC affiliated centre and are run by the Wellbeing Team at K2 Crawley.
- Funded by West Sussex County Council's Aiming High for Disabled Children, the project is run by Crawley Borough Council. The centre aims to make cycling accessible to all people, to remove barriers to sports activities and improve physical and mental wellbeing.
- Wheels for Wellbeing are now working with Special Olympics Great Britain in order to teach those with learning difficulties how to ride a

bike. This three year programme is funded by Evans Cycles, and new sessions offer coaching and confidence building.

- Wheels for Wellbeing is a recognised Wheels for All Centre, a nationally recognised programme that embraces all children and adults with disabilities and differing needs, to engage in quality cycling activity.



Opening Times

- Open: March - October
- Sessions:
 - every Fri morning: 10:30am til 12:30pm
 - every other Sat morning: 10:30 til 12:30 pm
- Only £4.00 per session (this applies to child/person with disability only – there is no charge for parents or carers).

PLEASE NOTE: Sessions are subject to cancellation. To avoid disappointment sign up to our e-bulletin service or call **07973 480083**

The Wellbeing Team based at K2 Crawley are able to help with further information.
Contact Details - Matt Laird - Wellbeing Officer
Tel: **01293 585350**
Email: wheelsforwellbeing@crawley.gov.uk

Wheels for Wellbeing Crawley
The Inclusive BMX Track, Cherry Lane
Langley Green, Crawley RH11 7NX

http://www.crawley.gov.uk/pw/Leisure_and_Culture/Sport_Activity_and_Wellbeing/Disability_Sport/WheelsforWellbeing/index.htm

If you feel Crawley is too far for you, there are also sessions in Portsmouth run at Alexandra Park on Saturdays 12pm - 2pm. Times and locations change depending on availability of volunteers so contact for the latest details.
Tel: **023 9284 1560**
Email: wellbeing@portsmouthcc.gov.uk



Sussex Cricket

Our aim is to make cricket accessible to everyone, we have therefore created 8 disability hubs throughout Sussex which are open to all ages and abilities. Our qualified coaches run drop-in coaching sessions every week across all 8 hubs.

Free taster sessions are available for groups interested in disability cricket. For further information or if you are interested in joining a hub please

Email: developmentoffice@sussexcricket.co.uk
Tel: 01273 827117

Locations:

MID SUSSEX @ CHAILEY HERITAGE

Indoors (table cricket only)
Thursdays 4:00pm – 5:00pm
Haywards Heath Road, North
Chailey,
Lewes, BN8 4EF

HORSHAM

(Including table cricket &
wheelchair cricket)
Thursdays 4:30pm-6:00pm
The College of Richard Collyer,
Hurst Road, RH12 2EJ

WORTHING

Tuesdays 7.00 – 8.00 pm
Worthing Leisure Centre
Shaftesbury Avenue, Worthing BN12 4ET

SHOREHAM

Thursdays 4:00pm – 5:00pm
Herons Dale Primary School
Hawkins Crescent, Shoreham-by-Sea
BN43 6TN

Table cricket is a great way of engaging those who find physical activity difficult, but would still like to be involved. All you need is a table tennis size table and a few people who'd like to have a go!

For more information please contact
roger.newman@sussexcricket.co.uk

Wheelchair Cricket is an exciting new venture for the Foundation and we are delighted to be able to offer sessions in the following areas –

HORSHAM, WORTHING & BEXHILL

Free taster session available for existing Wheelchair Sports Groups – Contact
Peter.Gossage@sussexcricket.co.uk
for full details.

Deaf Cricket across Sussex is now beginning to gather pace and, for the first time, there is a genuine opportunity for young deaf cricketers to experience the sport, learn and improve within it, and look to push forward and represent both

Sussex and potentially England through the England Deaf Team.

Once involved in one of the three County squads, players have the opportunity to receive fortnightly winter indoor training, followed by weekly outdoor summer training. From there, inter-County competitions are played for competition, which can lead into nominations being made for one of the three Countrywide Talent ID development centres, where the England Deaf coach, works with the boys, seeking out potential, which can be harnessed and grown into an international career.

County learning/physical disability squads (LD/PD)

ADULT SQUAD

Selected players have the opportunity to train regularly pre-season with continuing outdoor sessions in the summer. The Sussex County LD/PD team play in an inter-county competition branded the 'Super 9's' who play softball cricket. For more information about the LD/PD squads please contact Adult Squad

Paul.Francis@sussexcricket.co.uk

JUNIOR SQUAD

The Junior squad is for young people between 9 and 15 and is the first step to representative county cricket, playing games and competitions across the county. There is a structured weekly training programme, indoors during the winter and outdoors during the summer.

If you enjoy cricket then we offer a welcoming atmosphere, a place to improve your skills and the opportunity to make lots of new friends, and best of all you will become part of the Sussex Family. For more information about the LD/PD squads please contact Junior Squad

Dan.Wescott@sussexcricket.co.uk

County visually impaired (VI) squad

The Sussex Sharks have been established for over 10 years and play in a national league against other visually impaired cricket teams from across the country. With the rules of cricket being slightly adapted for the various sight conditions Visually Impaired cricket is accessible to all with a registered sight condition and is very much a 'come and have a go' sport. For more information please contact Toby.Collins@sussexcricket.co.uk

More information about all Squads online
www.sussexcricketfoundation.co.uk/cricket/country-disability-squads/



Superhero Series Triathlon

It's big. It's bold. It's gutsy. It's the UK's one and only disability sports series for the everyday Superhero! For our very first event, we're kicking off with three uniquely designed triathlons (swim, bike and push/run) that let you do as little or as much as you like. Team up with disabled and non-disabled family and friends to take on one stage each, or fly solo and do all three! Cape optional!

Date: **August 19th 2017**

Place: **Dorney Lake, Windsor, Berks, SL4 6QP**

"Hello and thank you for taking the time to read why this series has come about. My name is Sophia Warner and I'm a mum, a marketer, a Paralympian and a huge lover of sport. As an elite athlete, I've very fortunately been given access a whole world of sporting opportunities. But as any everyday person with a disability looking to do sports events for fun I've found it a real struggle.

I have cerebral palsy and was the first disabled person to enter the London Triathlon back in 1998. Even as an elite athlete I found it hard to keep up and had to ask other participants for help with my wetsuit and to get my bike down from the bike rack. I've also taken part in fun runs where the roads have reopened and organisers have started clearing up before I've had a chance to finish. Not as much fun as it could be.

My own experiences, combined with meeting many sports lovers over the years like my wonderful ambassadors who are crying out for more opportunities, are the inspiration for this series. The idea is simple. To create fun, gutsy events where people with disabilities call the shots and don't have to worry about cut-off times or equipment restrictions. If you need flippers or floats in the water, or want to use your powered wheelchair we make it possible. In fact, as far as I'm concerned, anything goes.

For my first event I've chosen triathlon challenges because swimming, cycling and running are the three most popular disability sports. But I don't want people to be put off by the word 'triathlon'. You can do a whole triathlon if you wish, but you can also choose to do just one or two stages as a relay with disabled and non-disabled family and friends.

"I also love the idea of creating a series where people with all kinds of disabilities can come together and compete alongside like-minded individuals who face similar daily experiences and challenges.

I know first-hand what a hugely positive impact sport can have on a person's life and I believe

everyone should have the chance to enjoy momentous and often life-changing events. We've gone all out to try to think of everything we can do to ensure everyone can be a Superhero for the day. But if you can think of something that we may have missed, please get in touch."

There are three ways to take part:

Team Up!

You don't have to do a whole triathlon to earn your Superhero status. This is a chance for families and friends to take on a stage each in a relay and share the work and the fun! Anyone can take part as long as at least one of your gang considers themselves to have a disability. All you have to do is decide who's doing which stage/s. Team members are welcome to bring a Sidekick to push, guide or keep them company free of charge.

Grab a Sidekick!

Welcome to a world first - the Sidekick Tri. Behind every great Superhero is a great Sidekick and we're challenging you to step forward to take on other Sidekicks and give your friend

or loved one the ride of their life! You can use canoes or dinghies to tow your Superheroes in the water and many different ways to push or pull them around the bike and push/run stages. Check out the equipment page for inspiration. Anyone can take part, as long as at least one of the team considers themselves to have a disability.

Fly Solo!

So, you think you've got what it takes to do all three stages? Nice one. That's a swim, bike and push/run to all you triathlon newbies out there. All you need to be able to enter one of our three solo Superhero events is a disability, whether it be physical, intellectual, sensory or invisible - and guts, of course. No classification is needed, unless you are going for the elite race. If you'd like a little support along the way, you are welcome to bring a Sidekick free of charge.

Choose your distance

There are different options for age and ability - check the website for details of this!

Please get in touch

We think we've thought of everything, but if there is anything you would like to ask us or have any questions and to book places, please get in touch:

Email: hello@superheroseries.co.uk

Tel: **01306 627301**

www.superheroseries.co.uk



Exercise Referral

If you have suffered from illness or recently had an operation, our Exercise Referral sessions will help you get back in to fitness. The qualified and friendly exercise instructors will supervise you over a 12 week period. These personalised sessions will help you improve your health, lose weight and get fit.

- Prevent and manage lower back pain
- Increase self confidence
- Make you feel more energetic and lively

What will the programme include?

- Personalised exercise programme
- A number of supervised gym workouts
- Advice about healthy eating

Sessions are only £4.

This programme is suitable for anyone who is:

- 18 years +
- Physically inactive, overweight or has a physical or mental health condition

The staff are qualified and experienced to deal with patients with moderate health problems.



What can the Exercise Referral Scheme do for you?

- Reduce your risk of heart disease, high blood pressure and high cholesterol
- Maintain your weight within a desirable range
- Relieve stress and tension
- Keeps your joints mobile and your muscles and bones strong

What happens next?

To make use of this service you will need a prescription to exercise: **ask your GP or health professional for a referral** – then contact us at South Downs Leisure to make your first referral. All patients are required to take their completed referral form to their first session.

For more information email the FIT4 team: enquiries@southdownsleisure.co.uk for Worthing Leisure Centre or Splashpoint Leisure Centre.

Inclusive Teen Gym

Inclusive Teen Gym is a peer mentoring gym programme for juniors with a disability that are aged 14 to 18 years old and are interested in getting active, making new friends and trying something new.

Each participant and buddy will also receive a voucher after each session that will entitle them to a free tea or coffee, or 50% off a smoothie, at The Coffee House at Worthing or Splashpoint Leisure Centres.

Participants will be 'buddied' with a partner of similar age to work with them in the gym. Training in pairs, completing training programmes personalised to each participants goals, the scheme consists of twelve 1-hour sessions: four sessions with a Personal Trainer and eight sessions under the supervision of a Fitness Advisor.



Upon completion of the twelve sessions, participants will receive a voucher for four free gym sessions that will help them transition from high support to independently using the gym.

The scheme runs at Worthing and Splashpoint Leisure Centres, or the fitness Suite at Worthing college and is available to juniors in West Sussex that are receiving middle or higher rate DLA. Each session cost is £5.

If you are interested in learning more about the programme, or to sign up as either a participant or workout buddy, please email Marie at South Downs Leisure: marie.pickering@southdownsleisure.co.uk

SPOKAN

Supporting Parents of Kids with Additional Needs UK

This Facebook group has been formed to provide the opportunity for like-minded families to meet and share experiences, as well as provide support and understanding. All families are welcome with children who have or don't have a diagnosis. We hope the group will provide an environment where people feel like they fit in. The world doesn't always understand diversity, so this group hopefully will help people feel comfortable and accepted. The aim is to meet every month with meet ups varying from evening socials, trips out with the kids and morning coffee mornings with just us grown ups. We have 34 sub groups around

the UK. We are a voluntary organisation. We hope to become a charity in the next year.

SPOKAN regional groups are a forum where members can find out who lives near to them, and where coordinators can organise and promote local events. Our main UK page is where most discussion takes place but all groups welcome sharing of stories too. We check the profile of anyone asking to join, so if there's no obvious link to a child with additional needs please PM either Sam Wood or Dolly Ratcliffe to clarify your reason for requesting to join. Thank you!



Wellspring West Sussex is online!
Visit www.wellspringwestsussex.org.uk
and let us know what you think!

You can "Like" Wellspring West Sussex on Facebook and keep up to date with events coming up!

Please support us through www.easyfundraising.org.uk - every time you shop on Amazon and many other sites, a percentage will be donated to us! You can make a donation to us via Localgiving www.localgiving.com/wellspringwestsussex - £5 pays for 5 copies of the newsletter to be printed!

Please confirm that you would like to receive future copies of the newsletter in printed format or whether you are happy to be notified when the next newsletter is available to view on the website above. Send your Name, Postal address and email address with your preference to the address below or email

lizzie@wellspringwestsussex.org.uk
Thank You!



Please write to us at:

Wellspring West Sussex,
c/o 26 Goldsmith Road,
Worthing
West Sussex
BN14 8ER

info@wellspringwestsussex.org.uk

The next edition will be
Mind Matters

If you would like to contribute any articles or letters
to this edition, please send or e-mail to us
by 31st August 2017.

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Wellspring West Sussex has a child protection policy in operation and copies can be made available on request. Any disabled child or young person in West Sussex who expresses concerns about what may be happening to them will be encouraged to contact one of the nominated agencies for help. This policy is also available on the website www.wellspringwestsussex.org.uk

The information here is for your guidance and is not a recommendation by Wellspring West Sussex. Comments expressed within Wellspring West Sussex do not necessarily reflect those of the committee or the funding agencies.